



FREE

living well



eating smart®

ISSUE 031 • 9/30/10 – 11/24/10

Giving you the tools to live the life you deserve™

living well eating smart  
with NuVal™ at Big Y  
one more tool for your nutrition toolkit

carrie's corner:  
breast cancer  
feature  
the secret diet? 2



With Big Y's Wellness Team — Registered Dietitians  
Carrie Taylor, RD, LDN and Andrea Samson, RD, LDN



# Living Well Eating Smart<sup>®</sup> With NuVal<sup>™</sup> Scores

One more tool for living the life you deserve.

At Big Y,<sup>®</sup> we recently launched a new food scoring system called NuVal.<sup>™</sup> The word NuVal<sup>™</sup> comes from the words nutritional value. Simply put, the NuVal<sup>™</sup> Scoring System summarizes the nutritional quality of foods into a single number.

Looking for the cereal, soup, pasta sauce, bread, yogurt, etc. with the most nutrient bang for your buck? The NuVal<sup>™</sup> System has you covered. Finding the most nutritious choice now only requires a passing glance, versus minutes of label reading.

Once you learn the premise of the NuVal<sup>™</sup> System, your grocery shopping will never be the same.

Here's how it works —

- Scores range from 1 to 100.
- The higher the score, the more nutritious the food.
- A product's NuVal<sup>™</sup> Score is based on its Nutrition Facts label and Ingredients listing.
- Favorable nutrients like fiber, vitamins and minerals help raise a food's score.
- Unfavorable nutrients like saturated fat, trans fat, cholesterol, sodium and sugar bring a food's score down.

## NuVal<sup>™</sup> FAQs:

- NuVal<sup>™</sup> Scores are not ratings of “good” or “bad.” They are summaries of nutrient quality to ease your shopping trip.
- “Top” scores vary depending on categories of foods. For example, the bread aisle's top NuVal<sup>™</sup> Score is 99 (with an average of 26). Whereas the top NuVal<sup>™</sup> Score for natural cheeses is 35 (with an average of 21). Therefore, aiming for an arbitrarily high NuVal<sup>™</sup> Score like 80 has no merit.
- A food's status as organic does not impact its NuVal<sup>™</sup> Score. Why? Scientific evidence remains lacking that organic food has a higher nutrient content than their conventionally-grown counterparts.
- Foods containing nonnutritive sweeteners like stevia (Sun Crystals<sup>®</sup>), sucralose (Splenda<sup>®</sup> Brand Sweetener), aspartame (Equal<sup>®</sup>) and saccharine (Sweet'N Low<sup>®</sup>) will oftentimes have higher NuVal<sup>™</sup> Scores than their counterparts with natural sugars or added sweeteners like sugar, honey, organic cane sugar and high fructose corn syrup. Why? Sugar content drives down a food's score because it causes the calorie content to increase — regardless if it is naturally occurring or added.
- Scores for foods containing nonnutritive sweeteners are not lowered for containing artificial sweeteners. Why? Scientific evidence supports the safety and efficacy of consuming such sweeteners. Scientific evidence to the contrary remains lacking.



**Variety is the spice of life  
AND nutrition!**

**Adding up to a total day's score of 100 is not the goal. If so, one broccoli-containing meal would have you there! Instead, the NuVal<sup>™</sup> Scoring System can be used to determine the nutritional quality of a food while following recommendations from other nutrition guidance systems such as MyPyramid.**

**Turn to learn how to Trade Up  
with NuVal<sup>™</sup>! →**



# Trading Up for Better Health

The NuVal™ Scoring System is an excellent tool to add to your nutritional arsenal. For example, NuVal™ Scores can easily help you find the most nutritious choices while shopping for foods to meet each of your MyPyramid food group goals.

Here are just a few examples of how NuVal™ Scores can help trade up your MyPyramid, regardless of which calorie level is best for you!

## GRAINS

### Pasta



**48**  
NuVal™

Full Circle Penne Rigate

WHY?  
Fiber drives the score up!



**91**  
NuVal™

Full Circle Whole Wheat Penne Rigate

### Oatmeal



**91**  
NuVal™

Full Circle Original Instant Oatmeal

WHY?  
Sugar and Sodium drive the score down!



**24**  
NuVal™

Full Circle Maple & Spice Instant Oatmeal

## VEGETABLES

### Green Beans



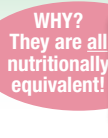
**100**  
NuVal™

Fresh Green Beans



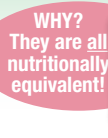
**100**  
NuVal™

Big Y Frozen Green Beans



**100**  
NuVal™

Big Y No Salt Added Canned Green Beans



WHY?  
Sodium drives the score down!



**56**  
NuVal™

Big Y Canned Green Beans (Traditional)



**100**  
NuVal™

Big Y No Salt Added Canned Green Beans

### Canned Green Beans

## FRUITS

### Strawberries



**100**  
NuVal™

Fresh Strawberries

WHY?  
They are nutritionally equivalent!



**100**  
NuVal™

Full Circle Frozen Strawberries



**27**  
NuVal™

Big Y Canned Bartlett Pear Halves in Pear Juice

### Canned Pears



**9**  
NuVal™

Big Y Canned Bartlett Pear Halves in Heavy Syrup

WHY?  
Higher concentrations of Sugar and Calories drive the score down!

## MILK PRODUCTS

### Yogurt



**94**  
NuVal™

Fage Total 0% Plain Greek Yogurt

WHY?  
Sugar and Saturated Fat drive the score down!



**22**  
NuVal™

Fage Total with Honey Greek Yogurt

### Cheese



**18**  
NuVal™

Cabot Pepper Jack Cheese



**23**  
NuVal™

Cabot 50% Reduced Fat Sharp Cheddar Cheese

WHY?  
Saturated Fat and Calories drive the score down!

## MEAT & BEANS

### Fish

WHY?  
Omega-3 Fats drive the score up!



**87**  
NuVal™

Salmon



**64**  
NuVal™

Haddock

### Burger



**30**  
NuVal™

90% Lean Ground Beef

WHY?  
Fiber and lack of Saturated Fat drive the score up!



**64**  
NuVal™

MorningStar Farms Meal Starters Grillers Recipe Crumbles

## OILS

### Cooking Oil



**16**  
NuVal™

Big Y Vegetable Oil

WHY?  
Omega-3 Fats drive the score up!



**24**  
NuVal™

Big Y Canola Oil

### Mayonnaise



**7**  
NuVal™

Hellman's Low fat Mayonnaise Dressing

WHY?  
Saturated Fat drives the score down!



**2**  
NuVal™

Hellman's Real Mayonnaise



# Carrie's Corner

Big Y Registered Dietitian, Carrie Taylor, RD, LDN



## A secret diet to preventing breast cancer...

With so many health magazines, medical websites and news shows out there, you would think there was a magic cure-all diet for preventing almost anything, especially breast cancer. Right?

Although it is provocative to report “antioxidant this” and “antioxidant that” has been shown to kill breast cancer causing cells, it’s a giant leap of faith (and misconduct) to promote what one observes in a petri dish as what will occur in humans as they go about their normal daily lives.

As breast cancer research expands, we will continue to hear great findings. And we should continue funding such studies and be excited about their findings. But hesitate to turn their results into a mishmash diet of the “right” foods to eat to prevent breast cancer.

Whether or not a certain cell will turn into a cancer cell, let alone a breast cancer cell, is as much up to chance as having the perfect combination of compounds circulating in your blood the particular moment such a cell decides to show up.

In lieu of sweating the details of the studies reported on the nightly news, practice these evidence-based steps for preventing cancer overall:

**#1 Screen, screen, screen.** Visit with your healthcare providers for routine check-ups and screenings so you catch any abnormalities early.

**#2 Plant for health's sake.** A plant-based meal plan is a win-win for disease prevention. With all the different combinations of known and unknown antioxidants, phytochemicals, vitamins and minerals present in plants, making them the base of all your meals sets the odds for fighting off invading cancer cells in your favor. This includes more than simply fruits and vegetables. Enjoy whole grains, beans, nuts and soy products on a regular basis, too!

**#3 See a rainbow, daily.** While making plants the base of your meals is a great first step, ensuring you're varying the colors at each meal, and from day-to-day, is a must. Every color from red and orange to green and purple stem from different antioxidants and nutrients. The more varied your colors, the more varied the arsenal of disease fighters circulating in your body.

**#4 Go easy on the sugar, fat and alcohol.** Although you may not connect these items immediately to cancer, consuming a diet rich in sugar, fat and alcohol may, over time, lead to a breakdown of your body's tissues and immune system. Leaving your “guard down” is an open invitation for cancer cells to stay.

**#5 For goodness sake, move!** You know it's important, so what are you waiting for? There's no need to be an Olympian. Simply make moving your body by way of walking, swimming or playing with your kids a habit each and every day.

## Have A Question?

Visit BigY.com's **living well**  **eating smart** webpage and post a question!

Send e-mails to: [livingwell@bigy.com](mailto:livingwell@bigy.com)

Write to: Living Well  
2145 Roosevelt Ave.  
PO Box 7840  
Springfield, MA 01102

# cancer prevention

## Let plant-based foods fight for you.

The American Institute for Cancer Research suggests filling two-thirds of your plate with vegetables, fruits, whole grains and legumes (beans). Why? Enjoying a variety of plant-based food is a tasty way to eat more cancer-preventing fiber, vitamins, minerals and phytochemicals (plant compounds).

While no single food or nutrient prevents cancer, a balanced plant-based meal plan can give your body a fighting chance. Let these examples be your guide:

### Colorful Meals:

Whether used as the base of your plate or a side dish, dark leafy greens like *Fresh Express® Salad Blends* add nutritional punch. Leafy greens like spinach, romaine and kale contain fiber and plant pigments called carotenoids, which may protect against cancer.

The American Cancer Society® recommends you limit your intake of red and processed meats to reduce risk for cancer. When choosing protein sources for meals, incorporate non-red meat sources like *Eggland's Best® Eggs*, poultry, seafood, legumes, nuts and seeds most often.

### Sensational Snacks:

For balanced snacks, incorporate foods from at least two different food groups. To create a balanced cancer-preventing snack, make one of those foods berries! Berries like *Driscoll's® Raspberries* are nutritional stars in the fight against cancer because they contain beneficial compounds, including fiber, the antioxidant vitamin C and ellagic acid, a phytochemical which may reduce risk for certain cancers.

### Refreshing Drinks:

Hydrate your body while giving it a fighting chance against cancer with the beverages you choose. Green and black teas, such as *Mighty Leaf® Tea*, have been studied for their potent content of the antioxidant catechins. Tea appears to have cancer-preventing potential when 4 to 6 cups are consumed daily.

Additionally, 100% juice, like *Old Orchard® 100% Juices*, provides many of the same cancer-fighting compounds as their whole fruit counterparts like vitamin C. A 4-ounce glass of 100% juice counts toward your recommended fruit group goals, too.

### Simple Indulgences:

Think feeding your sweet tooth while preventing cancer sounds too good to be true? Maybe not! Dark chocolate like *Godiva® Dark Chocolate Bars* may do just that. Dark chocolate contains antioxidants called flavonoids that have been linked to reducing risk for some cancers. In general, the darker the chocolate the more flavonoids it contains, though be mindful of portion size. Chocolate remains high in calories, fat and sugar.

serves: 4

## Roasted Butternut Squash and Raspberries



### ingredients:

- |               |   |
|---------------|---|
| 1 (1½ pound)  | butternut squash or 1 (16-ounce) package fresh cubed butternut squash |
| 1 tablespoon  | Big Y® butter, cut into pieces  |
| ¼ teaspoon    | Big Y® salt   |
| ¼ teaspoon    | Big Y® pepper   |
| 2 tablespoons | Big Y® brown sugar  |
| 2 tablespoons | crystallized ginger, chopped  |
| 1 (6-ounce)   | package Driscoll's® Raspberries                                       |

### directions:

1. Preheat oven to 400°F.
2. If using whole squash, peel, seed and cut into 1-inch cubes.
3. Place squash and butter in a 2-quart or 9x9-inch baking dish.
4. Sprinkle with salt and pepper.
5. Bake for 30-45 minutes, uncovered, until squash is just tender, stirring once or twice.
6. Sprinkle sugar and ginger over squash.
7. Gently stir in raspberries.
8. Return to oven and bake uncovered for 5 minutes or until bubbly. Serve warm.

### nutrition facts per serving:

Calories 140, Total Fat 3 g, Saturated Fat 1.5 g, Cholesterol 10 mg, Sodium 175 mg, Carbohydrates 17 g, Fiber 5 g, Protein 2 g

Recipe from Driscoll's® For inspiring berry-based recipes, visit <http://www.driscolls.com>.

## fact: living well

It's estimated that roughly one-third of cancer deaths are preventable through healthful lifestyle, balanced nutrition and daily physical activity.





# eating gluten free

## Is eating gluten free affecting your nutritional status?

When diagnosed with celiac disease, going gluten free is a must. In the United States, gluten-free meal plans often lack certain important nutrients like calcium, while being too high in others like saturated fat<sup>1</sup>. Here are a few nutrients to be mindful of and how to incorporate them into a gluten-free meal plan.

### Get More of These Nutrients:

**B-Vitamins.** These vitamins (including folate, riboflavin, thiamin and niacin) perform many important jobs in the body such as utilizing carbohydrate, fat and protein for energy. Typically, whole grains and their enriched or fortified grain counterparts contribute a substantial amount of B-vitamins in a traditional meal plan.

Since following a gluten-free meal plan means avoiding many of these foods, B-vitamins are often lacking. To consume adequate B-vitamins, focus on gluten-free foods providing B-vitamins like *Chex® Gluten-Free Cereals*, lean meats and gluten-free whole grains like buckwheat and quinoa.

**Iron and Fiber.** Like B-vitamins, iron and fiber are often lacking in gluten-free meal plans due to the avoidance of many grain foods. Since gluten-free grain foods aren't required to be fortified or enriched with these nutrients, oftentimes they are missing. Get your iron with wild rice, clams, lean meat and soybeans. Increase fiber with fruits, vegetables and gluten-free grains like popcorn and brown rice. For iron and fiber, cook with legumes like gluten-free *Bush's Best® Baked Beans*.

**Calcium.** When newly diagnosed with celiac disease, symptoms of lactose intolerance may be present. As a gluten-free meal plan is followed and the small intestine heals, lactose intolerance usually subsides. If avoiding milk products, you may be missing your calcium goals. Boost calcium intake with lactose-free foods like *Valio® Real Goodness™ Lactose-Free Milk*, fortified breads and juices, dark leafy greens, yogurt and almonds. When able, slowly reintroduce milk products back into your meal plan.

### Limit These Nutrients:

**Saturated and Trans Fats.** Many processed, gluten-free products incorporate ingredients like added sugars, sodium, saturated fat and trans fat to improve flavor, shelf life and texture. Unfortunately, these additives also increase risk for health problems like diabetes and heart disease when eaten in excess. Always read food labels before purchasing and choose healthier alternatives when available. Feeding your sweet tooth? Enjoy the natural sweetness of fresh fruit most often or opt for a lowfat treat like *Lucy's® Gluten-Free Cookies*.

## fact:

living well

Many of our stores have expanded their specialty gluten-free sections. Visit the Customer Service Booth at your local Big Y® to learn more!

## Make catching up with loved ones your top priority.

Whether getting together for a casual weeknight dinner or a large Sunday brunch, family get-togethers unite great conversation with fantastic flavors. Stock your kitchen with these versatile ingredients so you can whip up extraordinary dishes in minutes when loved ones come to visit.

### Yogurt Quarts

Yogurt is one of the best-kept secrets to have on hand. Not only can it stand alone as a great snack, it's also a multi-purpose ingredient for dips, cooking and baking. Keep yogurt quarts like *DANNON® All Natural Nonfat Yogurt* in your refrigerator to pair with fresh fruit, mix with herbs for topping baked fish, or substitute for mayonnaise in recipes like the *Creamy Spinach and Yogurt Dip* below.

### Low Sugar Beverages

Maintain a supply of bottled and canned beverages like water, seltzers and 100% juice for when family stops by. Mix up your guests' favorite 100% juice with *Polar® Seltzers*; pour over ice and look like a mocktail hero! For an added touch, top your masterpiece with fresh berries or a sliced lime.

### Pasta Sauces

Spend less time preparing meals and more time enjoying them. Pasta sauces like *Victoria® Low Sodium Pasta Sauces* make it easy to reduce sodium without losing taste while bringing delicious dishes together in minutes. Serve over whole grain pasta and vegetables, lather on eggplant and ricotta layers and bake, or create inspirational pizzas on prepared whole grain pizza crust with veggie toppings.

### Prepackaged Treats

Portion controlled, prepackaged sweets make for wonderful hassle-free desserts. Plus, serving up different varieties allows each family member to choose their favorite flavor. Options like *Praeventia® Cookies* can be served as is or crushed and layered with yogurt and fruit for an instant dessert parfait!

# family get-togethers



serves: 8

serving size: ¼ cup

## Creamy Spinach and Yogurt Dip

### ingredients:

- 2 cups DANNON® All Natural Plain Nonfat Yogurt
- 1 (10-ounce) box Big Y® frozen chopped spinach
- ½ cup Big Y® part skim ricotta cheese
- ½ cup Big Y® grated Parmesan cheese
- ½ cup scallions, minced
- 1 tablespoon fresh dill, chopped
  - Big Y® pepper, to taste
  - Big Y® salt, to taste

### directions:

1. Drain yogurt for 20 minutes to remove excess liquid.
2. In a large bowl, combine all ingredients and mix well.
3. Cover bowl and refrigerate until chilled.
4. Serve with your favorite whole grain crackers and chopped vegetables.

### nutrition facts per serving:

Calories 120, Total Fat 6 g, Saturated Fat 3 g, Cholesterol 16 mg, Sodium 360 mg, Carbohydrates 6 g, Fiber <1 g, Protein 11 g

Recipe from DANNON® Visit [www.dannon.com](http://www.dannon.com)  
for more tasty calcium-packed recipes.





# diabetes month

Answers to your most common diabetes questions.

## What types of beverages should I choose?

– Diane, Springfield, MA

Like most individuals, water, lowfat milk and 100% juices should be your primary drinks of choice. Simply be mindful of what a serving is (8-ounces milk and 4-ounces 100% juice) and fit them into your meal plan accordingly, based on daily carbohydrate goals.

For other refreshing options, choose low-sugar and sugar-free beverages like *Old Orchard® Healthy Balance* and *Diet Sierra Mist® Cranberry Splash*. They deliver fruity flavor with-out the sugar and carbohydrate overload of added sugar beverages.

## There are so many sweeteners out there. Is one better than another?

– Nick, Manchester, CT

Choosing a sweetener is largely based on personal preference. For example, some individuals prefer nutritive sweeteners (those that provide calories) like table sugar or honey. While others choose nonnutritive sweeteners (those that provide no calories) such as sucralose or low-calorie sweeteners (those that provide minimal calories) like *SUSTA® Natural Sweetener* with 5 calories per serving.





Opting for sugar substitutes are great options for individuals with diabetes because unlike nutritive sweeteners, they don't provide excess calories and carbohydrates. Though each sweetener is thoroughly tested for safety, the American Diabetes Association® recommends using a variety of sweeteners in moderate amounts.

### Are sweets off-limits?

– **Megan, Groton, CT**

With a little planning, sweets can certainly be enjoyed in moderation. After working with a certified diabetes educator (CDE) to learn how many carbohydrate choices to consume during your meals and snacks, you can then figure out how to incorporate dessert into your meal plan. For example, if allotted 4 carbohydrate choices for lunch, you could use 1 carbohydrate choice on dessert with ½ cup fat-free frozen yogurt or roughly 3 small sugar-free cookies like *Murray Sugar Free® Cookies*.

### tip: eating smart

*Add sweetness with ground allspice, cinnamon, ginger and nutmeg. These spices offer the perception of sweetness without adding sugar or carbohydrates.*

Above is based on American Diabetes Association®: *Choose Your Foods: Exchange List for Diabetes*, 2008. Always speak to your primary care provider for information specific to your needs.

### My husband has diabetes and I'm having trouble planning meals. Help!

– **Kathy, Adams, MA**

Meal planning with diabetes doesn't have to be complicated. In fact, it's what we recommend most individuals aim for: colorful vegetables and fruits, whole grains, lean meats, lowfat and fat-free milk products and heart-healthy oils. The only difference is a greater focus on total carbohydrate intake.

Even with diabetes, there's no need to give up favorite meals like spaghetti and meatballs. Here's what a typical portion may look like if allotted 5 carbohydrate choices for dinner:

- 1 cup whole grain spaghetti with meatballs and *Francesco Rinaldi® ToBe Healthy Pasta Sauce* (2 carbohydrate choices)
- 1½ cups dark, leafy green salad with ½ cup chopped veggies (1 carbohydrate choice) and 2 tablespoons fat-free Italian dressing

- 1 cup lowfat milk (1 carbohydrate choice)
- 1 small dinner roll (1 carbohydrate choice) with 1 teaspoon heart-healthy spread

### My doctor told me to eat snacks throughout the day to help keep my blood sugar level. What are nutritious options?

– **Jack, Walpole, MA**

Snacks should include 1 to 2 carbohydrate choices, depending on your calorie needs. Incorporate a bit of protein and heart-healthy fat to slow the breakdown of carbohydrates and keep you feeling full.

A few tasty options are:

- Half a peanut butter and banana sandwich on whole wheat bread
- Handful of baked pita chips with red pepper hummus
- Nutritional shake designed to minimize blood sugar spikes like *Glucerna® Shakes*



# living well eating smart® FEATURED ITEMS

## "Cancer Prevention" Featured Items

 Sale Dates: 9/30-10/13/10

### Driscoll's® Raspberries

With 4 grams fiber, 25% the Daily Value for vitamin C and cancer-fighting ellagic acid in each ½-cup serving, Driscoll's® Raspberries can't be beat. Rinse these delicate berries just before serving for the perfect bite-size snack or in the *Roasted Butternut Squash and Raspberries* recipe on page 3.



[www.driscolls.com](http://www.driscolls.com)

### Eggland's Best® Eggs

Packed with lutein and 6 grams protein per egg, Eggland's Best® Eggs are the perfect substitution for red and processed meats in reducing risk for cancer. Look for specially marked cartons of Eggland's Best® to support Susan G. Komen Foundation for the Cure.



[www.egglandsbest.com](http://www.egglandsbest.com)

### Old Orchard® 100% Juice

Refreshing Old Orchard® 100% Juices make it easy to reach fruit group goals. Drinking just 4 ounces of Old Orchard® 100% Blueberry Pomegranate Juice counts as a serving of fruit and provides powerful antioxidants including anthocyanidins and 60% the Daily Value for vitamin C.



[www.oldorchardjuice.com](http://www.oldorchardjuice.com)

## "Eating Gluten Free" Featured Items

 Sale Dates: 10/14-10/27/10

### Lucy's® Cookies

Thought finding a tasty gluten-free cookie was impossible? Not anymore, thanks to Lucy's® Cookies. Classic Sugar and Chocolate Chip varieties are not only gluten free, but free of peanuts, tree nuts, milk and eggs, too. Savor three of these crunchy cookies for 130 calories and 5 grams fat or less.



[www.drlucys.com](http://www.drlucys.com)

### Mighty Leaf® Tea

Treat yourself to gourmet-inspired cancer prevention with Mighty Leaf® green and black teas. Mighty Leaf's® silken tea pouches contain whole loose-leaf tea in flavors like Organic Spring Jasmine and Vanilla Bean black tea. Each contains antioxidants called catechins and approximately 20 and 40 milligrams caffeine per serving, respectively.



[www.mightyleaf.com](http://www.mightyleaf.com)

### Valio® Real Goodness™ Lactose-Free Milk

If celiac disease is leaving you with symptoms of lactose intolerance, enjoy 100% lactose-free Valio® Real Goodness™ Milk. Each 8-ounce glass of Real Goodness™ contributes 30% the Daily Value for calcium and 25% the Daily Value for vitamin D, plus all the rich creaminess you'd expect from traditional milk.



[www.realgoodness.com](http://www.realgoodness.com)

### Godiva® Chocolate

Indulge thoughtfully with the intense flavors of Godiva® 85% Extra Dark and 72% Dark Chocolate Bars. Godiva® Dark Chocolate is a source of flavonoids, compounds thought to protect against cancer. Just remember to keep portions in check! A 2-block serving of Godiva® 72% Dark Chocolate provides 120 calories and 5 grams sugar.



[www.godiva.com](http://www.godiva.com)

### Bush's Best® Baked Beans

Get more iron and fiber, two nutrients of concern in a gluten-free meal plan, with gluten-free Bush's Best® Baked Beans. Whether used as a vegetable or protein source, a ½-cup serving of Bush's Best® Boston Recipe Baked Beans adds 5 grams fiber and 25% the Daily Value for iron.



[www.bushbeans.com](http://www.bushbeans.com)

### Fresh Express® Salad Blends

Whether you prefer an assortment of baby lettuces or the simplicity of spinach, Fresh Express® has nutrient-packed blends you're sure to love. Dark, leafy greens like those in Fresh Express® Spring Mix provide fiber, vitamins A and C, plus plant compounds including the antioxidant lutein.



[www.freshexpress.com](http://www.freshexpress.com)

### Chex® Gluten-Free Cereals

Made using simple ingredients like whole grain corn and whole grain rice, Chex® Gluten-Free Cereals provide nutritional punch to start the day. Unlike many gluten-free grain products, Chex® Gluten-Free Cereals are fortified with important B-vitamins like niacin, thiamin and folic acid.



[www.liveglutenfreely.com](http://www.liveglutenfreely.com)

Cut along the dotted lines to hang our Featured Items on your refrigerator to track Living Well Eating Smart sales!



**“Diabetes Month” Featured Items**

 Sale Dates: 10/28-11/10/10

**Francesco Rinaldi®  
ToBe Healthy Sauces**

Great taste and unbeatable nutrition truly unite with Francesco Rinaldi® ToBe Healthy Sauces. Serve hearty Garden Vegetable on your favorite whole grain pasta or Tomato & Basil on roasted eggplant. Each ½-cup serving delivers an impressive 64 milligrams omega-3s from DHA — great for decreasing risk for heart disease, too.



[www.francescorinaldi.com](http://www.francescorinaldi.com)

**SUSTA® Natural Sweetener**

Reduce added sugar intake with SUSTA® Natural Sweetener. Sweetened with natural fruit sugar, *fructose*, each all-natural packet provides 5 calories, 2 grams carbohydrates and 10% the Daily Value for vitamin C. Plus, SUSTA® provides the benefit of added inulin, a prebiotic, and probiotics for digestive health.



[www.nxtnutritional.com](http://www.nxtnutritional.com)

**Old Orchard® Healthy Balance**

Quench your thirst with fruity beverages minus the sugar and carbohydrate overload by drinking Old Orchard® Healthy Balance. Flavors like Grape are sweetened with Splenda® Brand Sweetener and contain an average of 75% less sugar and carbohydrates than traditional juice cocktails.



[www.healthybalance.com](http://www.healthybalance.com)

**“Family Get-Togethers” Featured Items**

 Sale Dates: 11/11-11/24/10

**Praeventia™ Cookies**

Feed your cookie cravings guilt free with Praeventia™ Cookies. Praeventia™ cookies like Dark Chocolate Chip 70% Cocoa with Red Wine Extract are made with whole grains and inulin, a prebiotic fiber, to give you 3-4 grams fiber per portion-controlled packet.



[www.praeventia.com](http://www.praeventia.com)

**Glucerna® Shakes**

In delicious flavors like Creamy Chocolate Delight, Glucerna® Shakes make the perfect on-the-go breakfast when paired with a whole grain bagel, snack or late night treat. With 5 grams fiber, 10 grams protein and 27 vitamins and minerals, each 8-ounce bottle of Glucerna® counts as 2 carbohydrate choices and has been shown to prevent blood sugar spikes.



[www.glucerna.com](http://www.glucerna.com)

**Polar® Seltzers**

Add fizz to your holiday gatherings with Polar® Seltzers. Each calorie-, sodium- and sugar-free Polar® Seltzer variety is made with the simplicity of carbonated water and natural flavors. Mix hydrating options like Lemon with 100% juice and serve over ice for inspired crowd-pleasing mocktails.



[www.polarbev.com](http://www.polarbev.com)

**Murray Sugar Free® Cookies**

Rather than completely giving up sweet treats when diagnosed with diabetes, make the switch to Murray Sugar Free® Cookies. Sweetened with sugar alcohols, family favorites like Chocolate Chip and Lemon Sandwich Crème count as just 1 carbohydrate choice per 3 cookie serving.



[www.murraysugarfree.com](http://www.murraysugarfree.com)

**DANNON® Yogurt Quarts**

Healthful snacks and recipes with DANNON® Yogurt Quarts. Simply use ½ cup DANNON® All Natural Nonfat Yogurt in place of ½ cup regular mayonnaise in recipes. You'll save more than 720 calories and 80 grams fat! For a delicious appetizer, enjoy the *Creamy Spinach and Yogurt Dip* recipe on page 5.



[www.dannon.com](http://www.dannon.com)

**Diet Sierra Mist®**

When in the mood for lemon-lime soda, enjoy the crisp taste of caffeine-free Diet Sierra Mist®. For a hint of cranberry, opt for Diet Sierra Mist® Cranberry Splash.™ Each serving is calorie and sugar free, saving you an average 100 calories and 7 teaspoons sugar compared to their traditional varieties.



[www.sierramist.com](http://www.sierramist.com)

**Victoria® Low Sodium Pasta Sauces**

With uncompromised flavor, Victoria® Pasta Sauces are now available in options like Low Sodium Tomato Basil and Low Sodium Roasted Garlic Sauces. Made with fresh, premium ingredients you'd never guess each serving contains just 120 milligrams sodium, 280 milligrams less than their traditional sauces!



[www.victoriapacking.com](http://www.victoriapacking.com)



# NuVal™ Nutritional Scores are here!



## What is NuVal™?

It is a scoring system that scores foods from 1-100. The higher the score, the more nutritious a food is for your growing body.

**Try it out!**

Can you guess which foods have the higher NuVal™ Score?



ANSWERS: 1. B (Score A= 7, Score B= 20) 2. A (Score A= 21, Score B= 5) 3. B (Score A= 14, Score B= 29) 4. A (Score A= 31, Score B= 2) 5. A (Score A= 42, Score B= 2)

**NuVal™  
Score  
Scavenger  
Hunt**

Can you find a cereal that has a NuVal™ Score higher than 30?

\_\_\_\_\_

Can you find a yogurt that has a NuVal™ Score higher than 60?

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